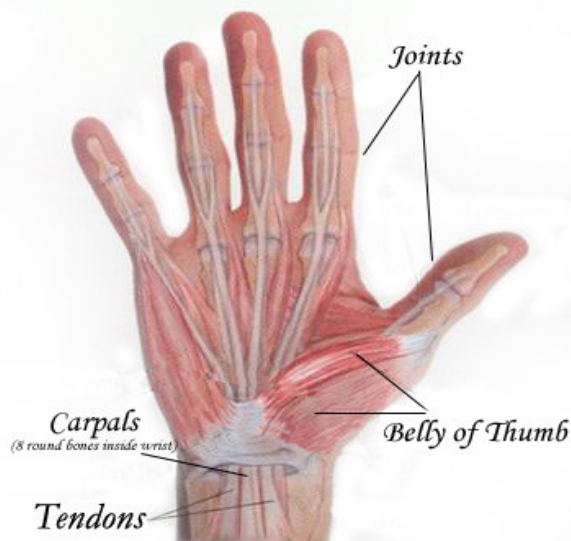
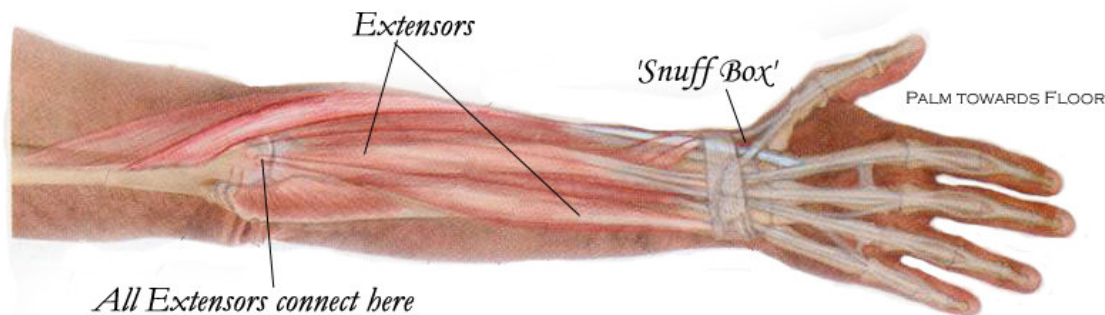
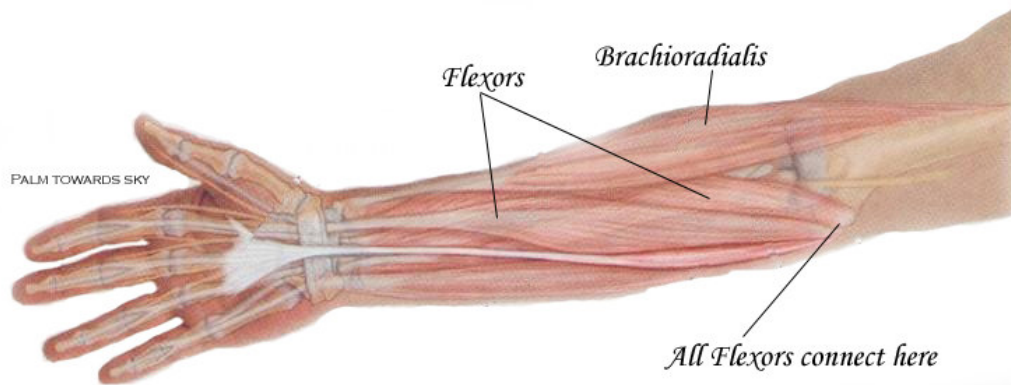


5 MINUTE SELF CARE:



Exercise every day- vary the plane of the stretch often. movements should be rhythmic.

Release Press each time you return to neutral position.

1) TOP FOREARM - extensor muscles

Press onto extensor muscles along top of arm while curling soft fist down to floor. Return to neutral and repeat.

2) BELLY FOREARM- flexor muscles

Press onto flexor muscles along belly of arm while curling soft fist down to floor. Return to neutral and repeat.

3) BRACHIORADIALIS muscle

Press onto Brachioradialis muscle along side of forearm while twisting soft fist rapidly-thumb towards sky like jiggling a key in a lock.

4) THUMB and CARPALS

Palm up, press from several inches above wrist across carpal bones into center of palm-fingers stretch open wide, reaching towards floor. Return to neutral. Work repeatedly, entire width and into belly of thumb.

5) SNUFF BOX and WRIST

Press into or glide over 'snuff box' with soft fist curling to floor- thumb towards sky. Glide over top of wrist while angling hand gently towards floor. Return to neutral and repeat.

6) ELBOW Rotations

Rotate forearm circularly, while holding both sides of elbow. Rotate several times clockwise and counterclockwise.

7) FINGER wiggle 😊

Hold each joint at sides with thumb and forefinger- wiggle finger up and down several times. Repeat for each joint.

Simply...

- 1) PRESS AND STRETCH Flexors
- 2) PRESS AND STRETCH Extensors
- 3) PRESS and TWIST Brachioradialis
- 4) GLIDE over Carpals and Thumb
- 5) GLIDE over 'Snuff Box' and Wrist
- 6) ROTATE Elbow
- 7) WIGGLE Fingers

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or

www.softtissuerelease.com

Got

PAIN??



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Soft Tissue Release has over 90% success rate at permanently improving pain in the forearm and wrist